Introduction

Irish swimming has achieved some great results on the international stage since 2008. Notably, medal winning performances have been consistently achieved at European Senior, Junior and Youth levels. The numbers of people qualifying for major meets, specifically the European Junior Swimming Championships, continues to improve, highlighting the success of our Club Coaches and the National Youth Development Squad, established in 2010. However, Irish swimming is not yet competing and achieving similar success on a World Stage. This will be a major focus of the High Performance Strategy over the next four years.

Training principles for Irish Swimmers & Coaches

Each member of the squad programme is expected to achieve target hours and volume on a consistent basis as set out below. Swimmers without the available hours in their club structures will be assigned extra time at one of the Performance Centre programmes. Coaches are expected to design their programme with these volumes and times in mind.

				Weekly Volume		
		Weekly Pool Hours	**Weekly Gym Sessions**	**Sprint Programme**	**Mid-Distance Programme**	**Distance Programme**
Senior Squad	Female	16-20	5	50-60k	55-70k	60-90k
	Male	16-20	5	45-60k	55-70k	60-90k
Junior Squad	Female	14-18+	4-5		50-65k	60-80k
	Male	14-18+	4-5		50-65k	60-80k
Youth Squad	Female	12-14	3-4		45-55k	55-65k
	Male	12-14	3-4		40-55k	55-65k

At Youth and Junior Squad levels the emphasis is on a programme designed around mid-distance and distance based swimming. As these are still mostly development swimmers the emphasis in this phase of their development is to be on establishing a good training base built around the aerobic and anaerobic threshold systems and still including anaerobic type work. We need to continue to lay the foundation with these swimmers for the future. Too often we train for now and are unwilling to give our swimmers the background to help to see them into the future.

Swimmers in the Senior Squad will need to focus on hours in the pool. I still believe the majority of our senior group still needs to be putting a good deal of work around a strong training base of work. The program needs to be designed around the next four years and making sure this first year of the four year cycle focuses on the long term plan and establishing good training principles.

These parameters will challenge coaches to change what they do with their swimmers and I believe will deliver results on a more sustained basis. We have to make our swimmers the best athletes possible in the pool. They have to be challenged every day to produce results in training if they are to achieve in the competition pool.

We are being measured against other countries that ask similar things from their swimmers. Our talent pool is not that big so for us to be able to succeed on this stage we must work harder than our competitors. We have to establish with our younger swimmers that work ethic and commitment to the programme is the only way to succeed.

Going forward with this plan the role of personal coach will be significant in the monitoring of the athletes training and progression through the cycle. Swim Ireland are working with Sport Tracker to introduce an online training diary and training log and interactive monitor to help coaches and swimmers better assist with the recording of their training.

National Junior Squad for 2012-2013

The National Junior Squad will be focused on performances at the European Junior Championships. As such, qualification for this squad will be based on percentages of the European Junior qualification standards and the ages of eligibility for selection are as follows:

- Boys born in 1995/1996.
- Girls born in 1997/1998.

The qualifying time for the 2013 European Junior Championships is based on the average 16th place time over the last 6 years.

Selection Policy:

- In order to qualify for the National Junior Squad swimmers must achieve the qualifying standard from 1st January 2012 to 31st August 2012.
- Additional members will be added after the Dave McCullagh Memorial meet 2013.
- The times are all Long Course and no conversions will be accepted.
- Athletes will be required to sign an Athlete Agreement form and must be eligible to represent Ireland.
- Any athlete who has achieved the qualifying standard must send a claim form to Swim Ireland (see attached).

Relay Policy:

- The top 4 eligible swimmers based on national rankings in the 100m and 200m Freestyle and the top swimmer in the 100m Fly/Back/Breaststroke will be invited to join the National Junior Squad if not already members of this squad.
- Relay swimmers will be selected from times on the Swim Ireland National database from 1st January 2012 to 31st August 2012.

Retention Policy:

Boys born 1994 and Girls born 1996 not achieving the qualifying time for the National Senior Squad will be retained within the Junior Squad with the aim to support their development and transition into senior swimming.

Open Water Policy:

Swimmers wishing to be considered for Open Water at the European Junior level must post a 1500m time and be within 1% of the European Junior Qualifying Standard. They will also be required to attend an Open Water camp and compete in an Open Water event as part of the National Programme.

Junior Squad Goals for Coaches and Swimmers:

- Qualify as many swimmers as possible for the European Junior Championships
- To finish in the Top 16, Top 8, and Podium each year.
- To develop training and competition programmes to allow swimmers to progress
- To foster relay swimmers adding depth to our Junior and Senior Teams.
- Commit to camps and competitions that are scheduled for the Junior Squad
- Agree targets with the National Performance Director for all meets throughout the year
- Achieve target goals throughout the year
- Submit a training and competition plan to the National Performance Director by October 2012
- Be available to meet with the National Performance Director to assess training and competition plan.
- Report any injury or illness that will affect training to the National Performance Director within 24 hours
- Use the Sport Tracker system to log training information
- Submit weekly updates from personal coaches on swimmers progress
- Sign Athlete Agreement Contract

***National Junior Squad Programme Itinerary:**

6th October	Domestic Training Camp	Dublin
31st October – 3rd November	Domestic Training Camp	Dublin
17th November	WISE Schools International	Sunderland
22-25th November	European SC Championships	Chartres, France
30th November – 2nd December	Irish SC National Championships	Lisburn
27th December – 5th January	Domestic/Overseas Training Camp	TBA
22nd-24th February	Dave McCullagh Memorial	Limerick
1-4th April	Domestic Training Camp	Dublin
25-28th April	Irish Long Course Nationals	Dublin
11th May	Domestic Training Camp	Dublin
July (dates TBC)	European Juniors	Poznan, Poland
July (dates TBC)	British Youths/Age Groups	U.K.

***All proposed camps and competitions are budget dependent**

Long Course Qualifying Times 2012-2013

Boy's Standards	NATIONAL JUNIOR SQUAD							Girl's Standards
	1994	**1995**	**1996**		**1996**	**1997**	**1998**	
	2013 EJC+2%	**2013 EJC+3%**	**2013 EJC+6%**		**2013 EJC+2%**	**2013 EJC+3%**	**2013 EJC+6%**	
	00:24.13	00:24.37	00:25.08	50 Freestyle	00:27.53	00:27.80	00:28.61	
	00:52.48	00:52.99	00:54.54	100 Freestyle	00:59.04	00:59.62	01:01.35	
	01:55.29	01:56.42	01:59.81	200 Freestyle	02:08.18	02:09.44	02:13.21	
	04:04.64	04:07.04	04:14.23	400 Freestyle	04:30.45	04:33.10	04:41.06	
	08:40.69	08:45.79	09:01.11	800 Freestyle	09:20.32	09:25.81	09:42.29	
	16:18.17	16:27.76	16:56.53	1500 Freestyle	18:14.47	18:25.20	18:57.39	
	00:59.28	00:59.86	01:01.61	100 Backstroke	01:06.49	01:07.15	01:09.10	
	02:09.00	02:10.26	02:14.06	200 Backstroke	02:23.18	02:24.58	02:28.79	
	01:05.99	01:06.64	01:08.58	100 Breaststroke	01:14.61	01:15.34	01:17.54	
	02:22.86	02:24.26	02:28.46	200 Breaststroke	02:41.33	02:42.92	02:47.66	
	00:56.70	00:57.26	00:58.93	100 Butterfly	01:04.14	01:04.77	01:06.65	
	02:07.01	02:08.26	02:11.99	200 Butterfly	02:26.38	02:27.82	02:32.12	
	02:10.17	02:11.45	02:15.28	200 I.M.	02:25.03	02:26.46	02:30.72	
	04:38.52	04:41.25	04:49.44	400 I.M.	05:07.93	05:10.95	05:20.00	

Swimmers that have not achieved the qualifying standards:

We are aware that some swimmers who were on the squad last year will not have achieved the qualifying standards. We wish to continue our support of these swimmers and coaches, and we will be in contact to arrange a meeting with both the swimmer and coach to create a plan going forward.

Competition Programme:

- The focus of the National Squads programme in the first three months of the season will be on training preparations.
- Athletes on the National Squads programmes will be expected to attend and support the National Competitions as part of the Athlete Agreement. Participation in the 2013 Irish National LC Championships (25-28th April 2013) is mandatory for all squad members who wish to be considered for international events that year.
- The goal of the National Squads Competition programme will be to expose athletes to a higher level of competition and the programme from January to July 2013 will be budget dependant.

Swim Ireland National Squads Programme 2012/2013
Swimmer Claim Form

I wish to apply for selection to the Swim Ireland National Squads Programme for the 2012/2013 season. Select relevant squad that you are applying for (please tick one box):

- National Senior Squad ☐
- National Junior Squad ☐
- National Youth Squad ☐

Swimmer Name:	
Club:	
Date of Birth:	
Email address:	
Swim Ireland Registration Number:	
Club Coach:	
Coaches Contact Details:	

Please include below relevant details of when the qualification criteria was achieved. Please note only Long Course times achieved between 1st January and 31st August 2012 will be accepted.

Event	
Time Achieved	
Name of Competition	
Date of Competition	

Completed forms should be returned **NO LATER THAN FRIDAY 7TH SEPTEMBER, 2012** by email (hp@swimireland.ie) or post to:

Swim Ireland High Performance Dept,
Sport HQ, 13 Joyce Way,
Parkwest, Dublin